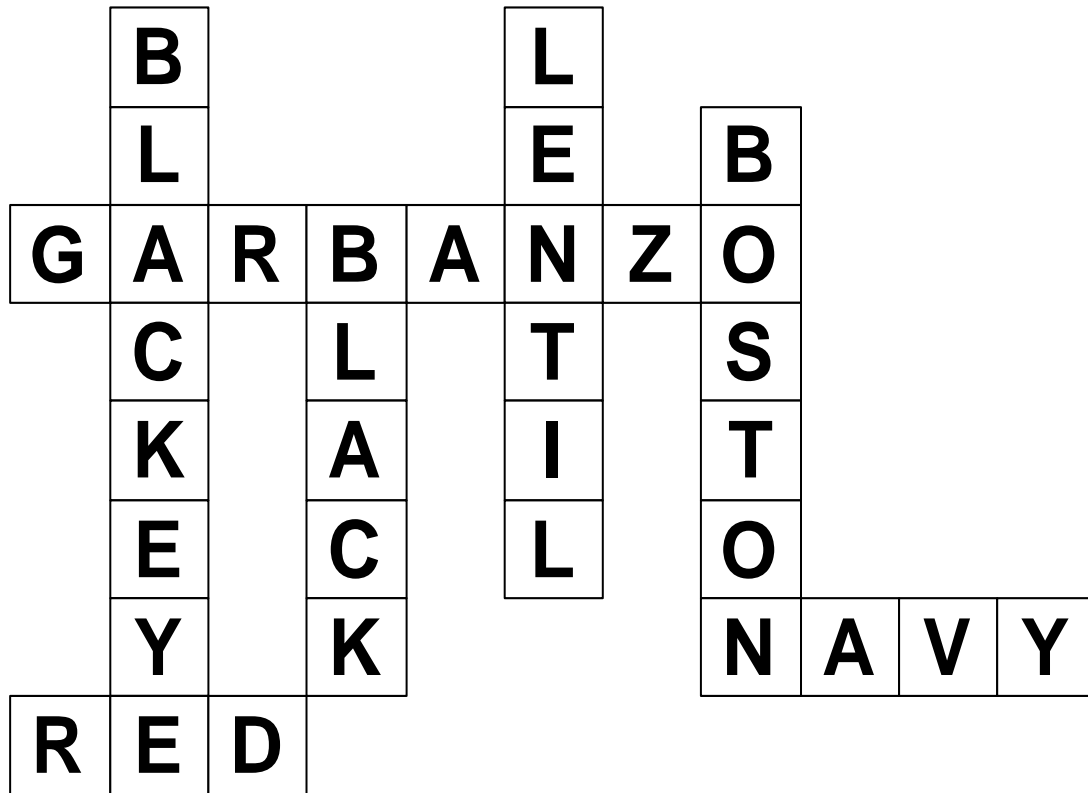


### Handout 3.3: *Matching the Vegetable Subgroups, Answers*

<u><b>a</b></u> 1. Romaine lettuce	
<u><b>a</b></u> 2. Carrot slices	
<u><b>a</b></u> 3. Mesclun (assorted baby salad greens)	
<u><b>b</b></u> 4. White beans	<b>a.</b> Dark green and orange vegetables
<u><b>d</b></u> 5. Green beans	<b>b.</b> Dry beans and peas
<u><b>d</b></u> 6. Yellow crookneck squash	<b>c.</b> Starchy vegetables
<u><b>d</b></u> 7. Iceberg (head) lettuce	<b>d.</b> Other vegetables
<u><b>a</b></u> 8. Chopped broccoli	
<u><b>c</b></u> 9. Green peas	
<u><b>a</b></u> 10. Sweet potatoes	
<u><b>c</b></u> 11. Baby green lima beans	
<u><b>b</b></u> 12. Beans in tomato sauce with pork (pork & beans)	
<u><b>a</b></u> 13. Acorn squash	
<u><b>a</b></u> 14. Turnip greens	
<u><b>c</b></u> 15. Corn cobbettes	
<u><b>d</b></u> 16. Brussels sprouts	

**Handout 3.5: *Identifying Varieties of Dry Beans and Peas***  
***Crossword Puzzle , Answers***



**ACROSS**

- 4 Hummus ingredient (**GARBANZO**)
- 6 Common bean in soups (**NAVY**)
- 7 Popular bean across USA (**RED**)

**DOWN**

- 1 Southern favorite (**BLACKEYE**)
- 2 Bean in Middle Eastern dishes (**LENTIL**)
- 3 New England baked bean dish (**BOSTON**)
- 5 Cuban favorite (**BLACK**)

## **Handout 3.6: *Tips for Using Dry Beans and Peas in Your Menus,* Answers**

- **Main Dishes**

Beans are used with or without meat in a number of school dishes. Recipes such as Chili con Carne with Beans, Bean Burrito, Bean & Cheese Nacho are examples of main dish recipes.

- **Salad bars, side salads**

Beans such as canned kidney beans, black beans, and garbanzo beans (chickpeas) can be rinsed and placed on the salad bar as a vegetable ingredient. Prepared salads containing beans, such as Three or Four Bean Salad, Mexican Salad (black beans, garbanzo beans, and corn tossed with assorted vegetables in a cilantro-lime vinaigrette dressing ), Hummus, and Marinated Black Bean Salad are examples of prepared salads that can be offered on salad bars as well as being served as a side dish on the traditional serving line.

- **Vegetable side dishes**

Examples of dry bean and pea recipes that are popular with students are baked beans, refried beans or frijoles with Mexican-style foods, spicy bean salsa, canned pork and beans in tomato sauce, hummus as a pita bread filling or dip, cowboy pinto beans, Louisiana red beans and rice, Cuban black beans and rice, lima beans or black-eyed peas with pieces of ham, succotash, Texas Caviar (a black-eyed pea recipe, bean cassoulet or casserole, and beans and franks, to just name a few examples.

- **Soups**

Examples of bean and pea soups are Minestrone Soup with kidney or cannellini beans, Navy Bean Soup, Tortilla Soup with black beans, Split Pea & Ham Soup, Lentil Soup, Six Bean Soup, and White Chili (chicken or turkey with navy or cannelloni beans)